



CATAWBA COUNTY

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Department of Social Services

PRESS RELEASE/PSA

FOR IMMEDIATE RELEASE

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Give the Gift of Meals to Seniors in Our Community

Give a gift to your community this Christmas and purchase Meals on Wheels for the homebound elderly and disabled in Catawba County. This year we have experienced a large growth in the number of elderly applying for Meals on Wheels and our Frozen Meal program. We are serving 260 people per day in our Meals on Wheels program and over 130 in the Frozen Meals Programs. We cannot begin to meet all these needs without the support of our community and both programs have a waiting list and referrals keep coming.

The cost to sponsor meals for the elderly is minimal, just \$2.75 per meal. You can sponsor a week's worth of meals for just \$19.25 or a full month for only \$85.25. It is a small amount of money that can make a huge difference in the life of a local senior. Did you know that many area seniors are at risk of poor nutrition? This is because many lack the funds to purchase food, and as a result, they skip meals and may eat few fruits and vegetables. Some seniors have health problems that affect their appetite. The Meals on Wheels and Frozen Meal programs can help our homebound elderly and disabled get the nutrition they need.

Both programs are run by Catawba County Social Services with the help of over 1000 volunteers. Delivery routes are available in local communities including Hickory, Newton, Conover, Catawba, and Maiden. To sponsor meals or to find out more about the program, contact Jan Shaffer at 828-695-5617.

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